

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



April 2007

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815

<http://www.ksc.nasa.gov/groups/few/>



President's Message

Sandy Eliason

Greetings! I hope you had a calm April Fools day without being subject to too many practical jokes. But, if you got caught up in giggles and endless laughter that's great! As adults we often forget how to have pure fun. I know some of my most fun times are when we are all together. Speaking of getting together we have another opportunity this month at Rusty's (Portside) for our Annual Membership Drive, which is April 17th. This is a good time to invite a friend who might have attended one of our ATPs or heard you talk about all your FEW friends. So, please take this opportunity and bring them to the Membership Meeting..

Space Coast is in our busy time, but then again when aren't we? It seems we always have something on the burner, currently we are working on submittal of awards, scholarships and focusing on up coming training and new members. We have outstanding members who devote many endless hours of committed service. I really thank you, because without you, Space Coast wouldn't be the healthy chapter that we are.

I know sometimes we are stretched thin from raising children, working and caring – emotionally, physically and financially for our families, many of us with elderly parents. Lack of time can be detrimental to our physical, emotional and spiritual health. When we are pressed for time, we tend to exercise less, eat foods for their convenience rather than their nutritional value, and have little, if any time, on self-development so “other than planning your training to attend the National Training Program, July 19-21”, here are some simple ways to take for you:

1. Set aside a certain amount of time each day just to do what you want to do.
2. Learn to say “No.” This isn't always easy, but it can make a world of difference.
3. Bundle your tasks. Save a non-urgent errands so that you can do those that are logistically close to one another.
4. Delegate!!
5. Do the yucky stuff first. Take the mental time ruminating about what you have to do.
6. Are the things you feel you “have” to do really necessary?
7. Take a honest look at the activities and people in your life that are “energy drainers.” Reduce your time spent on/with them.
8. And, most importantly set aside time each week to do something special.

Have a great month!

Programs

Marlene Satterthwaite

Here are our upcoming programs and events.

WHAT: FEW Membership Meeting
 WHEN: Tuesday – 4/17/07
 TIME: Get there between 4:30 - 5:00 pm
 WHERE: Rusty's Portside Bar & Grill

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Then in May

WHAT: FEW Diversity Meeting

WHEN: Thursday – 5/10/07

TIME: Right after work

WHERE: CIAO Building (outside the gate on SR3)

Call Marlene, 867-4105 if you need directions.

We look forward to seeing you at our monthly meetings and value all your inputs that keep our Chapter running so smoothly.

Sunshine Committee

Eva Coffman

Happy Birthday!

A special Happy Birthday to the following Chapter member(s)

Aneta Ott 4/5

Karin Biega 4/8

Space Coast Chapter extended their sympathy to Sandra Getter on the passing of her grandmother. And a get-well card was sent to Jean Grenville.

Please notify me (639-4881) or Becky Fasulo (636-8525 or beckyjf@yahoo.com) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

**"Time is very slow for those who wait,
very fast for those who are scared,
very long for those who lament,
very short for those who celebrate.
But, for those who love, time is eternity"**

(William Shakespeare)



VW recalls nearly 800,000 vehicles

(Washington - AP, February 26, 2007) - Volkswagen of America has recalled 790,000 vehicles because of problems with the brake light switch.

Officials say the recall involves several vehicles:
1999-2006 model years of the Golf and GTI
2001-2005 Jettas
2001-2007 New Beetles and the 2004 R32.

It expands upon a recall announced last year of some Jettas and New Beetles because of the same defect.

Volkswagen told the National Highway Traffic Safety Administration that the brake light switches in the vehicles could malfunction if they were improperly installed.

The automaker said the light could either remain on or not function, which would fail to provide other motorists with the proper braking signal and could potentially lead to a crash.

In some vehicles with automatic transmissions, a faulty brake light could work in tandem with the shift interlock to immobilize the vehicle and require towing, said VW spokesman Keith Price.

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New Members Training Info *Sandy Eliason*

Our New Members Training for March request that you please remember how important it is for us all to be informed and actively participate in our legislation that affects us all both on Capital Hill and in our State. If you have time please visit Capwiz and seek opportunities to be involved with our new legislators.

The new Congress began January 4th, and we hit the ground running. Please keep checking the FEW Advocacy website (www.capwiz.com/few) as we add Action Alerts, bills to watch and other important legislative information to the site. With new leaders on Capitol Hill, we have a great and unique opportunity to see some of our legislative goals achieved this year!

28th ATP Program Committee and Nominations Committee

Connie Dobrin and Jean Grenville

We are so pleased with the successful completion of the 2007 Annual Training Program. The speakers were wonderful and we are so appreciative of all the hard work done by our Chapter members. Our special thanks go to chapter member, Marie Argana, for her presentation on legislative issues supported by FEW. Also Janie Walters did a fantastic job as the morning session keynote speaker.



These are the rewards we savor as officers and committee chairs of the Space Coast Chapter of FEW. Come join us as a committee member, committee chair or officer our next term. Remember our motto "We won't let you fail." Contact Jean Grenville, Clara Anderson or Charmel Anderson if you'd like further information on how to fill a position during the 2008 - 2010 term.

Again, THANKS for all your support.

Membership

Charmel Anderson

Reminder – If you haven't paid your Chapter dues yet, you are late but can still pay them to keep you Membership in FEW in a "Good Standing" status. Dues can be paid by cash, check, credit card, or money order. If you plan to pay your dues by credit card, please contact Clara Anderson at 321-867-2087. If you are submitting a check or money order, please make it payable to "FEW" and on the memo line, please state "2007 SCC FEW dues." Please submit your checks to me so that as I receive the money, I can log it on the membership renewal form that I have to submit to FEW National. After I log you into my renewal sheet, I will then forward the checks/money to our chapter treasurer.

For those that are on the NASA/KSC base, all correspondence can be sent to mailcode: **SA-D1**,

Attn: Charmel Anderson. For those that are not on base, please mail dues to:

FEW
P.O. BOX 21201
Attn: FEW Membership
Kennedy Space Center, FL. 32815

Thanks for your support and here's to another great year with FEW!!!

P.S. - If you know of any others that would like to join that are not currently members, please have them submit their dues in the same manner as renewing members would and have them fill out the "New member application" that is attached to the Newsletter.

Differences Between Men and Women

Male & Female Interpretations

THINGY (thing-ee) n.

Female: Any part under a car's hood.

Male: The strap fastener on a woman's bra.

VULNERABLE (vul-ne-ra-bel) adj.

Female: Fully opening up one's self emotionally to another.

Male: Playing ball without a cup.

Cultural Diversity

Muzette Fiander

KSC BI-ANNUAL DIVERSITY EVENT

The 2007 KSC Bi-Annual Diversity Event, with guest speaker, Mr. George Takei will be held in the training auditorium on April 9, and will begin at 11:45 a.m. Mr. Takei is best known for his portrayal of Mr. Sulu in the acclaimed television and film series Star Trek. Seating allocations were provided to directorates and contractors. The event will be broadcast live on NASA TV, Channel 7, and can be viewed in the Internal Homepage at <http://portal.ksc.nasa.gov/portal/>. No flash photography or individual videography will be allowed during the presentation. For those present in the auditorium, there will be an opportunity for questions following the formal presentation. There will be no opportunity for autographs.

POC: Cindy Gooden at 867-9170.

THIS SAYS IT ALL
Submitted by Teresa Parham

Time passes
 Life happens.
 Distance separates.
 Children grow up.
 Jobs come and go.
 Love waxes and wanes.
 Men don't do what they're supposed to do.
 Hearts break.
 Parents die.
 Colleagues forget favors.
 Careers end.

BUT.....

Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.

Sometimes, they will even break the rules and walk beside you...Or come in and carry you out.

Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, Mothers, Grandmothers, aunts, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other.

Every day, we need each other still. Share this with all the women who help make your life meaningful...

Happy days to all of us!

Women should be tough, tender, laugh as much as possible, and live long lives. The struggle for equality continues unabated, and the woman warrior who is armed with wit and courage will be among the first to celebrate victory.

Maya Angelou

Government News & Legislation
Arden Belt



Here are some issues that FEW will be working on this year.

1. Paid Parental Leave
2. Repeal of GPO and WEP
3. Fix the EEOC Dispute Settlement System
4. Glass Ceiling

Please go to the few.org website for additional information.

Other Legislative news and happenings –

House Subcommittees Examine Bill on Genetic Discrimination

On March 13, the House Energy and Commerce Subcommittee on Health passed the Genetic Information Nondiscrimination Act (H.R. 493).

House Committee Passes FY2007 Supplemental Appropriations Bill, Includes Minimum Wage Increase, Small Business Tax Credits

On March 15, the House Appropriations Committee approved the FY2007 emergency supplemental spending bill (as-yet-unnumbered).

House, Senate Continue Work on the FY2007 Supplemental Spending Bill

On March 22, the House approved the FY2007 emergency supplemental spending bill (H.R. 1591).

Small Business - the House Small Business Subcommittee on Contracting and Technology will hold a hearing on federal contracts with women-owned businesses.

Tax Policy - the House Ways and Means Subcommittee on Select Revenue Measures will hold a hearing on the Alternative Minimum Tax's impact on families.

WebLink of "Directory of Selected Organizations Working on Women's Issues"

<http://www.womenspolicy.org/Organizations%20Directory.pdf>

ENVIRONMENTAL

Martha Carroll

GOVERNOR, CABINET CELEBRATE APRIL AS WATER CONSERVATION MONTH

--State encourages conservation education to help protect and preserve Florida's water--

TALLAHASSEE – Governor Charlie Crist and the Florida Cabinet recognized April as Water Conservation Month. The Florida Department of Environmental Protection (DEP), together with the Florida Section of American Water Works Association, endorsed the proclamation, reaffirming the state's commitment to protecting and preserving Florida's water supply and quality.

"Recognizing April as Water Conservation Month helps promote the importance of water conservation, encouraging Floridians to become environmental stewards at home and in their community," said DEP Secretary Michael W. Sole. "By pursuing state and local partnerships, adopting growth management practices and implementing conservation strategies, we can protect our water quality, as well as ensure a reliable supply of water for the state's natural resources and water needs for our growing economy."

With more than 7,700 lakes, 4,500 square miles of estuaries and bays, more than 50,000 miles of rivers and streams and countless wetlands throughout the state, protecting water quality is vital to maintaining our quality of life. In 2005, DEP's Clean Water State Revolving Fund was recognized by the U.S. Environmental Protection Agency for the State's efforts to promote water conservation and reuse. Since its inception in 1988, Florida's State Revolving Fund program has awarded more than \$2.7 billion in loans for water quality protection projects, including funding 106 water reuse projects totaling more than \$384 million.

Along with public water quality, restoration and conservation programs, YOU can adopt simple habits to help protect and conserve water:

- * Don't leave the water running while you are brushing your teeth.
- * Fix water leaks. Homeowners lose an average of 25 gallons of water a day through leaky water devices.
- * Take shorter showers and install a low-flow showerhead. For an investment of \$10 or less you can save \$50 to \$75 per year on water bills and \$20 to \$50 or more per year on energy bills.
- * Run your washing machine and dishwasher only when they are full and you could save 1,000 gallons a month. If you wash dishes by hand don't leave the water running for rinsing and you can save 200 to 500 gallons a month.

* Repair dripping faucets. If your faucet is dripping at a rate of one drop per second, you can waste 2,700 gallons per year.

* Do not leave sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.

* Reuse household water for irrigation.

* Install a "Rainbarrel" to catch rainwater from roof gutters and use the water for your plants

* Replace conventional toilets that use up to five gallons of water per flush with water-efficient, low-flow toilets.

For more information about Florida's water, visit www.dep.state.fl.us/water.

NASA NEWS

Submitted by Vickie Hall

The Altus II unmanned robot plane can circle for up to 24 hours over wildfires, beaming images and data back to computers via satellite. Originally introduced as part of the Environmental Research and Sensor Technology (ERAST) Program, Altus II can map dozens of fires in a day with no risk to a pilot.

Community Outreach

Sandra Gettner



Just a note to remind you that Friday, April 20th will be delivery day for Baxley Manor. Remember these folks are on food stamps and any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

Although Aneta continues to coordinate from off center and is present at each delivery, I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, and Carol Moore HQ 3490 can take your contributions and items. I am in EDL 203 and can coordinate a pick up from you if you call or email me.

Here is the list...suggestions

Needed Items

Small cans of vegetables & fruits
Jell-O & pudding snacks
Graham crackers, Saltine crackers

Any meat or meal in a can with the flip top lid...
Canned meats, chicken tuna and beef stew

Personal Items

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)
Toothbrush, toothpaste, mouthwash
Hand lotion, hair spray, mousse or gel, comb/brush
Razor, Nail files, clippers, Socks, stockings, earrings
Reading material such as books or magazines

Thanks again for your support of this worthy cause.

Helping Hands in the U.S. *Submitted by Ana Contreras*

Women's shelters in the U.S. go through thousands of feminine hygiene products monthly. The women in these shelters are generally responsible for purchasing these products on their own. As a community service, Seventh Generation, a "green" paper products and cleaning products company out of Vermont, will donate a box of sanitary products to a women's shelter located in the state of each person that visits their web site: <http://www.tampontification.com/donate.php>. This is a free and easy way to help some women that are going through a very difficult time.

Scholarships *Aneta Ott*

Did you know that each year FEW offers two \$500.00 scholarships for our members? Space Coast chapter is offering our own a little incentive to help in your pursuit for higher learning and we hope this year it will be you. This doesn't have to be for the class itself, it can also be used for your books. All you have to do is fill out the scholarship form that is attached and submit it to Aneta Ott lashal@ol.com before the 15th of April. Every little bit helps and we stand for your achievement. Good Luck!

And speaking of Scholarships, here is a story by our RTP Scholarship recipient.

Hi everyone,
I wanted to provide everyone with a summary of my experience to FEW Regional Training in Louisville, KY on March 14-17, 2007. We arrived in early afternoon on the 14th, so that we had time to go over for a tour at Churchill Downs. The grounds at Churchill Downs are very nice. It seems to be more beautiful during

the Kentucky Derby because they plant roses and all kinds of native flowers around the grounds for the one week derby event. We toured the museum also and had a picture taken beside the famous Barbareo statue. Kentucky goes all out for the horses. I must say that we were very impressed with the tour.

The Holiday Inn had a shuttle service to any place within three miles. So the driver suggested this steak house for dinner called "Jeff Rudy" boy did we have steaks. It was decorated in Miami art décor but very nice. The meals and atmosphere was a wonderful experience. By this time we were on first name bases with the van driver Marvin. So we get back to the hotel around 8 that night. Now mind you we traveled from Florida since 8 a.m. and this was just the first day. What a day!

Training classes started at 8:30 p.m. on Thursday, but the three of us had breakfast in the dining room first. I chose to attend "Never Boring EEO workshop for Anyone Who Cares about Equality and Respect". Carol Dawson presented a very usual class it was interesting had she had done a lot of preparation because she had teaching scenarios where you learned a particular EEO behavior or what was right or wrong about the situation. It was the most interesting and fun EEO training I have had in my twenty nine years in the government. Insight into a difficult topic!

Lunch was a sandwich and key lime pie just to give you a taste of the southern cooking. The guest speaker was a female Louisville radio announcer who had a good sense of humor. In the afternoon I took "goal Setting- Getting your career on Track" shows us an interesting way to the importance of using goal setting in our lives. Ms. Joe Vary had a very different positive approach to tap into your hidden potentials with audience participant. I enjoyed the class inspired of the classroom being very cold. See the temperature and weather had changed since Wednesday to cold and rainy.

That night we went to the dinner theater across the Ohio River to Indiana to see "Beehive" which was a 1960 women's singing and performing show. The dinner and show was very enjoyable between the costumes and role playing you were either laughing, singing or swinging to the music. After a great day we got back to the hotel about 11 p.m. of course after the night of entertainment I could not

sleep. I was thinking about all the songs played during my high school days from the performance.

Friday, I decided to go to church before class at the beautiful Cathedral of the Assumption. It is a most impressive place as the outside is a stone architecture with very high steeples and the inside can hold up to 1000 people. I looked at the 1800 century massive reproduction paintings hanging throughout the church. I walked around me awesome of the site. I even went down into the basement where they serve meals for the homeless everyday.

Back to the hotel for breakfast and my next class was 7 Habits in a Beaker- The Habits of Highly Effective People. Chemist Dr. Thomas Crawford, from University of Louisville was a very entertaining to experience. He had brought his chem. Lab into the class room and was mixing compounds in front of our eyes to illustrate one of the Covey 7 habits. It was the best class on Covey I have ever taken and his assistant Mr. Johnson was different in his teaching also. I first thought oh another Covey class, but this was so surprising with Dr. Crawford blowing up stuff in front of you, than you can relate it to the particular habit. Yes, he did burn stuff and had a chemical reaction that was like a bomb. What a class.

Lunch was chicken breast sandwich, with the speaker Denton Randall, Director of Development Dare to Care. My afternoon class was Planning Your Financial future instructor was Paula Parkerson who had some good information of finance.

Friday, night about ten FEW members went to dinner at this place called "Lynn's Paradise Café". When the hotel driver Marvin pulled up to the restaurant, it was a yellow and bright orange paint with a 6 foot tea pot, lining the sidewalk. We found out from Regional President, Anna Ramsey that a renowned female Louisville chef was the owner for the place and made the meals. Again the food was good and I sat across from the National FEW President Ronda Trent, who had all kinds of travel stories to tell us.

On Saturday before 8 a.m. the three of us meet in the hotel lobby for the ride to the airport. Ronda Trent joined us; the temperature outside that morning was 29 degrees F. I did not want to leave Louisville because there is so much to

see and do in the city, but the training was over. What a training experience it has been! Thanks for sending me to Louisville, KY.

*Always,
Charlotte Becker*

Thoughts to Ponder

For every action, there is an equal and opposite government program.

If you look like your passport picture, you probably need the trip.

For Your Health

Submitted by Muzette Fiander



What Bone Tests Can Tell You

Article By Martha Fay

If you're menopausal, chances are that you'll get some form of bone test, starting with a density test. Depending on your results, you may consider other specialized tests as well.

Bone Density

Dual-energy x-ray absorptiometry, or DXA, is a low-dose x-ray procedure that measures the amount of calcium in the bone and how tightly it is packed in the spine and hip. The results are based on standard deviations -- unit decreases from the norm -- for healthy young adults. In other words, "normal" is the average peak bone mass of a healthy young white woman at age 30, when bone mass peaks for most people. Any difference between a woman being measured and the established standard is reported as a T-score. A score between +1 and -1 is considered within the range of normal for women at any age. A rating between -1 and -2.5 is defined as osteopenia. Osteoporosis is defined as a T-score reading of -2.5 or lower, which translates into bones that are 32 percent less dense than those of the average 30-year-old woman. DXA is typically used to make an initial diagnosis and treatment decision. DXA can also be used to monitor patients long-term, whether or not they choose to go on medication. Because different manufacturers

use different calibration methods, it is crucial that you have subsequent tests on the same machine.

In addition to DXA, you may want to consider the following specialized tests.

Bone Turnover Markers

These urine tests measure how fast bone is remodeling, and so are often used along with DXA to determine the rate of structural loss. Turnover tests are also used to assess whether medical treatment is working to slow bone loss.

Vitamin D Level

The 25-hydroxy-vitamin-D test measures the level of the vitamin in your blood. "More than 50 percent of adult women are vitamin D insufficient," says Ruth Freeman, MD, director of the bone densitometry unit at Montefiore Medical Center in New York. "That means they're not absorbing calcium." The fix: vitamin D supplements. Check labels -- the most potent, effective form is vitamin D3 (cholecalciferol).

Parathyroid Hormone Measurement

Parathyroid hormone is responsible for maintaining normal levels of calcium in the blood. Excessive levels can result in bone loss as well as elevated blood levels of calcium. The cause is usually a benign tumor on the parathyroid gland, which can be corrected by surgery.

Urine Calcium Level

This 24-hour-urine-collection test reveals whether you're excreting more calcium than normal. Medications such as diuretics and additional calcium supplements can even out this imbalance.

Disease Screens

Other underlying conditions, such as multiple myeloma, celiac disease, or any disease that infiltrates the bone, will affect bone remodeling. Treating the underlying cause may help stabilize your skeleton.

Originally published in MORE magazine, June 2006

Volunteers Needed'

EVERYONE IN THE COMMUNITY INVITED

Keep Brevard Beautiful
In partnership with the

City of Cocoa

Presents

Trash Bash 2007

& Arbor Day Celebration

Saturday, April 21, 8 a.m. - Noon

FIRE STATION #1

(under the water tower)

'PRIDE IN ACTION'

Earn Community Service Credit

Lunch provided

Get a free Trash Bash 2007 T-Shirt

Any trash item, any size, including appliances and furniture will be collected.

Call Virginia Gaylor at 639-7679 to sign-up

Member Spotlight

Ana Elizabeth Contreras



How long have you been a member of FEW? 1 1/2 yrs

Where were you born? San Francisco, CA. General Hospital, June 24, 1970, Time: 11:54 p.m.

Educational background, i.e. degrees, name or school/college, etc.

Kindergarten - St. John the Baptist, San Francisco, CA.

12 yrs of Catholic Education - Grade 1- 8 Our Lady of Perpetual Help, Daly City, CA

Grade 9 -12 St. Paul High, San Francisco, CA

College – Oakland City University, Indianapolis, IN – Criminal Justice Program

Present - Columbia College, Patrick AFB, FL – Criminal Justice Administration

Where and when did you begin your professional career? Enlisted in the Marine Corps in 1990 – 2002

- Basic Training: Parris Island, South Carolina April 24 - July 20 1990
- Military Occupation Skill (MOS) Training: Motor Vehicle Operator – Camp Johnson, North Carolina
- MOS Advance Training: Logistic Vehicle System Operator, Camp Del Mar, Camp Pendleton, California
- Duty Station – 7th Motor Transport Battalion, 1st Force Service Support Group, Camp Pendleton, California
- Major Deployment - Saudi Arabia Desert Shield/Desert Storm/Desert Sweep 1990-1991

- MOS Advance Training: Re-fuler Fixed/Rotary Wing Operator
- Duty Station – 9th Motor Transport Battalion, 3rd Force Service Support Group, Camp Foster, Okinawa, Japan
- Formal Training: Corporal's Course, Camp Del Mar, California; Sergeant's Course 29 Palms, California (Leadership Academy)
- MOS change: Senior Administrative Course
- Sea Service: USS Coronado, Flag Ship of the Third Fleet Pearl Harbor, Hawaii
- Duty Station – Military Entrance Processing Station, Department of Defense, Indianapolis, Indiana

Military Awards: Joint Service Achievement Medal, Navy Achievement Medal (2), Combat Action, Navy Unit Commendation (3), Meritorious Unit Commendation (3), Marine Corps Good Conduct Medal (3), National Defense Medal (2), South West Asia Service Medal (4), Sea Service Deployment (2), Kuwait Liberation Medal (Saudi Arabia), Kuwait Liberation Medal (Kuwait), Rifle Expert Badge (3), Rifle Sharp Shooter Badge (3), Rifle Marksman (2)

Present employer: NASA Kennedy Space Center, Florida for the past 2 ½ years

Brief description of current job and title: Security Assistant, for the NASA Protective Services Office. Assist Special Agents who have responsibilities for the development and implementation of a multi-faceted Security program designed for the protection of employees, facilities, equipment and operations for a major government facility. Assist in collection of specific data, research, prepare documentation and other matters as appropriate in the conduct of investigations.

Marital status: Single and loving it. I get to do what I want, when I want, with whom at any given time of day or come home if I want with no one to answer too.

Children: My pets are my children, I have a dog in San Francisco, CA., and her name is Lucy, currently living with my parents and I send them monetary pet support. I have a cat living with me and he is my baby, his name is Lance – yes like Lance Armstrong, and he also has a yellow collar. Lance came knocking on my patio door in August of 2004 during the Tour de France and asked if I would provide him a home and the rest is history.

Hobbies: My passion is riding bicycles; I own a road bike and two mountain bikes. I like to ride with my father who is an avid rider himself, together we have done the California AIDS Ride from San Francisco to Los Angeles about 600 miles in 7 days, being the first Father and Daughter team to ride in 1997.

Aspirations: My goal is to retire young and enjoy my parents as they are currently both 55 yrs old. Career goals: Move up the career ladder and become the boss.

Other activities that you are involved in: Member of the Women Marine Association, member of the Women's Memorial Association, member of the American Veterans, member of the American Legion, proud contributor to the San Francisco Aids Foundation.

Awards you have received that you are especially proud of: I have had many awards beginning from my High School days being active in various sports, school activities and other outside activities. The awards I have are too many to mention, but always like to still receive them.

Gosh for such a youngster, she sure has seen and done a lot. And what enthusiasm she brings to FEW. We're so glad to have you Ana!

Word of the Day

interminable

Pronunciation: /in-TUR-min-able/
adj : endless

"She moved to the country to escape the interminable noise of the city."

Just a reminder you can make a difference every day. Help save lives today with the gift of early detection!

Simply click the "**Fund Free Mammograms**" button at The Breast Cancer Site

<http://www.thebreastcancersite.com/BCSreminder> to help provide free mammograms to underprivileged women.

Got an IDEA?? --

Looking for some NEW Program Topics

Do you have any topic suggestions or contact information - presenter names/phone numbers for future FEW SPACE COAST PROGRAM MEETINGS. Long-Term Care, Investing for Women, Diversity, Cap-Wiz, etc. are a few that have been suggested.

Please send your suggestions to Marlene Satterthwaite @ Marlene.E.Satterthwaite@nasa.gov



Newsletter *Vickie Hall*

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest for this Newsletter to Vickie Hall, IT-D1, or e-mail at Vickie.C.Hall@nasa.gov. If you are interested in joining this vital organization, a Membership Application is attached.

Calendar of Events

April

- 1 Diversity Awareness Month Begins
- 7 Award Packages due to National/Regional
- 12 Articles for News and Views due
- 17 Membership Meeting, Rusty, Port Canaveral
- 20 Baxley Manor
- 30 Chapter Newsletter articles due to Vickie

May

- 10 Diversity Meeting @ CIAO
- 17-19 Mini-Retreat at Marriott World during National Executive Board

FEW's Mission Statement

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- encouraging diversity and equity in the workplace
- enhancing career opportunities for women
- establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- improving the quality of life for women by influencing Congressional and Administration actions

- committing to achieve and maintain a unified and diverse membership; and
- providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

SPACE COAST CHAPTER, FEW 2006- 2008 Officers and Committees

Chapter

President	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Chamel Anderson
Treasurer	Clara Anderson
Secretary	Barbara Powell
Nominations Officer	Jean Grenville
Immed. Past President	Dawn Partlow
Compliance	Becky Fasulo
Diversity	Muzette Fiander
Legislative	Arden Belt
Annual Trng Program	Connie Dobrin
Finance	Johanna Velasquez
Scholarships	Aneta Ott
Newsletter Editor	Vickie Hall
Parliamentarian	Carolyn Burnham
Environmental	Martha Carroll
Community Outreach	Sandra Getter
Sunshine	Eva Coffman
Historian	Ana Contreras
Webmaster	Debbie Ward

Regional

Nominations	Jean Grenville
Compliance	Vickie Hall

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega

MEMBERSHIP APPLICATION FEDERALLY EMPLOYED WOMEN

P. O. BOX 75551
BALTIMORE, MD 21275

Membership ID
Month/Year Joined

LAST NAME

FIRST NAME

MI

ADDRESS 1

ADDRESS 2

CITY

STATE

ZIP CODE + 4

OFFICE PHONE:

HOME PHONE:

FAX:

EMAIL:

GRADE (check)

- ☐ GS-1-4 ☐ SES
☐ GS 5-8 ☐ WG
☐ GS 9-12 ☐ Military
☐ GS 13-15 ☐ Other

FWP/EEO (check)

- ☐ FWP Full-Time
☐ FWP Part-Time
☐ EEO
☐ Other FWP/EEO

DEMOGRAPHICS

SEX (M/F) _____
 RACE: _____
 YEARS OF SERVICE: _____
 RETIRED (Y/N): _____

ABOUT THE ORGANIZATION

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees and to any other person supporting the goals and objectives of FEW. More information about the organization is posted on the FEW web site: <http://www.few.org>

Annual National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter members is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

Membership Dues are prorated. Month chosen must match "month/year joined" above.

<input type="checkbox"/> March	\$25.00	<input type="checkbox"/> September	\$12.00	Total National	\$ _____
<input type="checkbox"/> April	\$23.00	<input type="checkbox"/> October	\$10.00		
<input type="checkbox"/> May	\$21.00	<input type="checkbox"/> November	\$ 8.00	Total for Chapter	\$ <u>5.00</u>
<input type="checkbox"/> June	\$19.00	<input type="checkbox"/> December	\$ 6.00		
<input type="checkbox"/> July	\$17.00	<input type="checkbox"/> January	\$ 4.00		
<input type="checkbox"/> August	\$15.00	<input type="checkbox"/> February	\$ 2.00	Check Amount	\$ _____

- ☐ I wish to join the Space Coast (009) Chapter as a member.
☐ I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed).
☐ I wish to join as a Lifetime Member. Payment of (\$250.00) is enclosed.

****Chapter Info Only****

Mail Code

Date of Birth